

Take Home Flow 12-12-09

Yoga for Letting Go

During the rush, rush, rush of the holiday season, we need to take time to relax and let go. Our body tends to hold stress in places like our shoulders and hips. In this flow, we open the body's storage bins of stress to relax and let go.

Come to your center

Sit comfortably. Begin with a few moments to listen to your breath, becoming quietly centered. As you connect with your breath, begin to let your arms flow up and down with each wave of breath. *I slow down and let go.*

Awaken your body

For a few breaths, play with a few poses to awaken your body and your connection to your movement. Release the neck, open the spine with cat/cow flows, stretch into downward facing dog, release into a standing forward bend. When you are ready, make your way to downward facing dog for your flow.

Flow

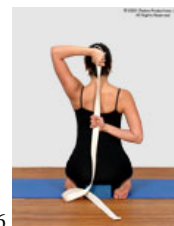
1. From downward facing dog, raise your right leg to the sky. Step forward to lunge or kneeling lunge. From your foundation, breathe into the uplifting feelings of this pose.
2. After a few breaths reaching up, slowly begin to circle our arms to the back, down, around, and back up – beginning to lubricate your shoulders (not pictured).
3. Take hands to the floor. Take hands to the inside of the right foot as you heel-toe the right foot to the right edge of the mat. Lay your left leg to the mat and gently open into this inner hip and groin stretch. Find the way it is comfortable for you. You may be able to come down onto the forearms. Breathe and let go.
4. Now heel toe the right foot to the left side of the mat for pigeon pose – a nice, slow, deep hip opener.
5. When you are ready, step back to downward facing dog. Lower onto the knees, reaching hands behind the back to open the front body, heart and front of shoulders.
6. Now reach the right arm to the sky, bending the right arm behind the back (you can hold a strap, belt or tie for assistance) – meeting the hand by taking the left hand from below. Breathing into a nice shoulder stretch.
7. Reach forward, then lift hips again to downward facing dog to repeat this sequence for the other side.

Receive

Close your practice with a few moments in final relaxation, receiving the benefits of this practice of letting go.

I remember to take time for myself.

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